WOMBIAGE PAGE

& CHARLES DWYER ... Editor. FRUITS AND VEGETABLES

NEW WAYS OF SERVING AND PRESERVING

THE OLD AND MODERN METHODS OF INSURING MIDWINTER FRUITS

HEN the weather is warm, mer and put it into stone jars. Boil the and berries and other fruits insist upon putting themselves in the foreground with the mornings. On the eighth put all over cold water method is desirable. Peel the fire and cook until the fruit is soft.

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The plant and cut into inch pieces, pack in cans, then fill to overflowing with fresh cold water; seal. A conserve made of sugar of six pounds of rhubarb, five pounds of sugar, grated rind and juice of two lemons, one pound of sugar of canning and preserving of six pounds of rhubarb, five pounds of sugar, grated rind and juice of two lemons, one pound of sugar preserving of fruit, and, for flavoring, ginger root or lemon slices at discretion.

Boil the slices rapidly in clear water for ten minutes and drain. Put the fruit slices back into the kettle with the sugar be secured, use them.

In following out this process there are so conditions to be observed: The fruit out be under rather than over ripe, and must be absolutely dry; it cannot even a dewy. It is obvious the fruit must be eably picked and so clean as not to sed washing. Sterilize jars, rings and pass usual in hot-water. Fill the jars ith the fruit, knocking gently on the bile to settle the fruit compactly in

sen filled pour in the heated sirup verflowing, adjust the rubbers and on the tops. Set the jarr in large a; these are preferable to tubs or re, because they retain the heat r. Leaving a small space between in boiling water until the jars are

Put the cover of the crock in place and throw over it a large rug or carpet, even a comfortable will answer. Let and for twenty-four hours, or until the ater is cold; tighten the jar tops, if it assessary to do so, while they are until water; wipe off and place in store-

This method has been used for all arries, shredded pineapple and peeled hums, and undoubtedly could be used or peaches and apricots. Pineapple bould always be shredded. To cut it in lices or dice spoils the flavor, and retime the woody fiber. After paring and emoving the eyes it can be shredded with a silver fork or run through a food bonner.

A LUSCIOUS RHUBARB CONSERVE

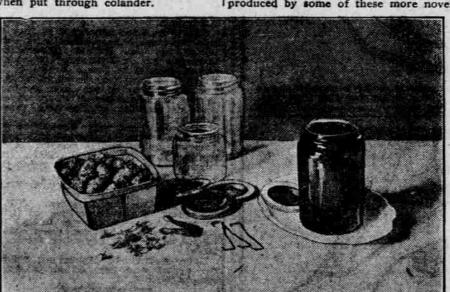
and very little water and set it on a cool part of the range for the sugar to melt; then cook the pears until they are soft and transparent. Drain them from the sirup and place on a sieve to dry. When dry roll them in sugar and put in glass jars or tin boxes.

Many housekeepers will, however, undoubtedly prefer the old-style method, and for their assistance I append the following suggestions:

following suggestions:

For making fruit pastes, dainty for the school luncheon basket, apples and mines can be used alone or in commation with pineapple. Weigh the fruit and to each pound allow six ounces of the pound allow six ounces of the pound allow six ounces of the pound of sugar is necessary; and continue slow cooking until a teament of the pound of sugar is necessary; use just enough water to dissolve the sugar, bringing it to the boiling-point, then adding the fruit. Let boil up gently until tender. If it is desired, the fruit can be shredded with a silver knife, or chopped fine, the same amount of sugar chopped fine, the same amount of sugar being used in the canning.





PRESERVING THE STRAWBERRY FOR DECEMBER.

Winter Salad

Take four quarts thinly-sliced pared cucumbers and one dozen medium-sized onions peeled and sliced very thin; put in dish and sprinkle with salt, letting them stand for three hours. Turn off the brine which this will make and pack the cucumbers and onions in cans. Use one-half cupful white mustard seed, one-half cupful white sugar, one-half teaspoonful celery seed, one cupful of loive oil; divide these evenly for each can and fill up with cold vinegar. In preparing cucumbers remove every Seven pounds of ripe tomatoes, four pounds of ripe apples, four pounds of sweet green pepper added to the can

combinations might help to break the monotony in the daily fare.

Thus, for example, take string-beans, and, if you have been accustomed to the simple, old-fashioned method of cooking them, prepare them in this fashion, and see what a difference the change in recipe will make: String and break the beans as usual, or cut in lengthwise strips; then boil them in salted water, adding half a medium-sized onion to each two quarts of beans. Do not let them boil too fast at first, but, when they are nearly done, increase the heat until the water gallops, and keep this up until the beans are almost dry, being careful not to let them "catch." When done, season with butter, pepper and salt; then add some mashed potato and hot cream—one large potato, well mashed, and

season with butter, pepper and salt; then add some mashed potato and hot cream—one large potato, well mashed, and three-quarters of a teacupful of cream to the two quarts of beans.

For another change, when the beans have cooked tender in the salted water, drain them, and, háving melted some butter in the frying-pan, fry them with some minced parsley and chopped onion until lightly browned. Season to taste with salt and pepper, and finally add a cupful of chicken or veal stock to each quart of beans, and bring to a boil.

Cooking Vestables in Milk

The flavor of Lima, kidney and other shell-beans is also improved if they are cooked with rich milk, or cream. To prepare them in this fashion, cook them as ordinarily—in salted water—and when tender drain them, and return them to the saucepan, adding half a pint of the milk or cream to each pint of beans (measured before cooking), one tables spoonful of flour that has been blended with the same quantity of butter, a little parsley, thyme and bayleaf, minced fine together, and pepper and salt to taste.

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this sirup, use the extracted juice and enough granulated sugar to make of consistency of strained honey. Turn this over the berries in cans, sealing immediately. In this way all the fruit flavor is retained and one has delicious canned strawberries. Do not add water, as this makes the fruit insipid. Preserved Rhubarb Preserved Rhubarb For pies or sauce in the winter the cold water method is desirable. Peel half pint water until tender; press through colander; add the sugar and winegar and boil until thick; add spices and the sugar and vinegar and boil until thick; add spices ooked when fresh from the garden are always tasty, and yet the human palate is so constructed that it soon tires of one flavor. How much better it would be, therefore, if a little more thought and attention should be given to the process of cooking vegetables For pies or sauce in the winter the cold water method is desirable. Peel PREPARATION OF OLD-**FASHIONED VEGETABLES**

drained off, and the vegetables are served with a goodly portion of warm cream poured over them, the only addition being a reasonable seasoning of salt and pepper.

Different as the flavors of green peas and mint may be, the two, strange as it may seem, combine delectably. To test this fact, take a few sprigs of fresh mint and chop them fine; then cook and serve them with the peas. The French cooks often add a head of lettuce, carefully tied with twine to prevent the leaves from separating, and sometimes a bunch of spring onions—"rareripes," or "scullions," as they are called in some parts of the country.

Peas a la Creole

In New Orleans, the genuine Creole cook would first place the peas in a saucepan with two heaping tablespoonfuls of butter in a saucepan, and in it fry there tablespoonfuls of chopped green pepper and about half that quantity of minced onion. When these have compenced to brown satisfactorily, add two tablespoonfuls of sifted flour. Stir briskly, and when the mixture has become smooth add a pint of corn that has just been cut from the coh, and a little more than half a pint of rich cream. Cook slowly until the corn is done, then add salt and pepper to taste.

For those who love chicken pie, here is a suggestion that will be certain to please: Prepare the chicken as usual, and when ready for the oven arrange the pieces in the baking-dish; then fill the space remaining with corn that has freshly been cut from the cob. Add plenty of butter, pepper and salt, and enough milk to moisten sufficiently. Put on the crust, and bake. You will not be sorry when you sample the result.



WHAT TO WEAR

Suggestions for the Solution of the Ever Present Problem of Dress

WHAT shall I wear?" This inquiry is so frequently sent in by correspondents who are in uncertainty as to the propriate dress for various occasions, it a few general suggestions may be

At day weddings, either at a church or t home, at wedding receptions, lunch-ons, afternoon teas, or card-parties,

oves are not removed at a "standing-" collation at a wedding reception.

If a wedding is in a church, the bride's nother wears a hat and does not remove it hen returning home for the reception. If deep the reception is the reception of the reception of the reception. If the reception is usually gray or mauve, although any or the reception of the reception is usually gray or mauve, although any or the reception is usually gray or mauve, although any or the reception is usually gray or mauve, although any or the reception is usually gray or mauve, although any or the reception is usually gray or mauve, although any or the reception is usually gray or mauve, a cloth tailor-made dress of quiet color, a hat not too large, gloves of tan dogskin, or of undressed kid, gray or tan, and calf-skin boots, should be chosen.

A hostess does not wear gloves at an informal afternoon tea, or for the usual "days at home," but may wear them on the occasion of a very large formal "at home." Women or young girls who prehome." Women or young girls who pre-side at a tea-table and pour tea never

wear gloves.

At a large evening party or dance, a hostess should wear gloves, but she never does so when receiving before a dinner or a luncheon.

Dressing for the Theater

Dresses for the theater may be similar to those worn when going to an after-noon tea or reception; that is, they may be of fine cloth. Pretty waists of lace,

ping, for informal morning visits to inti-mate friends, orefor church wear, a cloth tailor-made dress of original property.

and age and in appropriateness to the occasion, are among the things which characterize a well-dressed woman. Gowns must be in perfect order and well-brushed; hats and gloves must be fresh; shoes must be polished.

It is important to have dresses which are correct in cut and in fitting and

are correct in cut and in fitting and adapted to one's personal appearance, and very important to consider the color, style and material which will be appropriate to one's age, complexion, height

Fried cucumber is another delicacy

to those worn when going to an afternowt at any of these are and the coat, when driving in winter, this is taken and the coat, which is part of one's reception or tea; but if one is wearing a the cost, which is part of one's reception or tea; but if one is wearing a tide cost, which is part of one's reception or tea; but if one is wearing a tide cost, which is part of one's reception or tea; but if one is wearing a tide cost, which is part of one's reception or tea; but if one is wearing a tide cost, which is part of one's reception or tea; but if one is wearing a tide cost, which is part of one's reception or tea; but if one is wearing a tide cost, which is part of one's reception or tea; but if one is wearing a tide cost, which is part of one's reception or tea; but if one is wearing a tide cost, which is part of one's reception or tea; but if one is wearing a tide cost, which is part of one's reception or tea; but if one is wearing a tide cost, which is part of one's turn. At the way then drain them thoroughly, roll in egg and and beyond that which he has or his parents had.

The Old World is somewhat like one of the body to sympathize to be tested to remove their hats. Serve with the part of the teater of the body to sympathize of the not will always the seeds with a spoon. Drop them-for about a minute and a half into boiling to the seeds with a spoon. Drop them-for about a minute and a half into boiling to the seeds with a spoon. Drop them-for about a minute and a half into boiling to the seeds with a spoon. Brop them-for about a minute and a half into boiling to the seeds with a spoon. Brop them-for about a minute and a half into boiling to the seeds with a spoon. Brop them-for and the seeds with a spoon. Brop them-for a tide cost, which is part of one's first part of o

atobers to his invest.

TREATMENT of NERVOUSNESS unreasoning zeal, taking first one thing and then another. Take hot baths at night to arouse far as possible by means of coarser the sluggish circulation, and brisk rubs with a flesh brush or a rough towel to breakfast, with stewed fruit or prunes.

Easily Attained

ERVOUSNESS is called the disturbances, which are very different disease of Americans, and probably nervousness is more rife in America than anywhere else in the world. The reasons of nerves, that you may overcome them. of it are very easy to see, and reside in those circumstances which distinguish American life and customs from those of

In the first place, it may be that you

that all may enjoy now that these vegetables are sold at so moderate a price.

To prepare them, peel the cucumbers, slice lengthwise, and, let them lie in salted water from half to three-quarters of an hour. At the end of this time drain them thoroughly, roll in egg and bread-crumbs, and fry until attractively browned, in butter. Serve with tiny bits of lemon as an accompaniment.

American lite and customs from those of the stimulating are using stimulants, tas and coffee in are using stimulants, tas and coffee in are using stimulants, tas and coffee in excess; if you are a man, you are probably smoking too much. You may be working too intently upon one thing and not taking sufficient exercise. You may be overeating, or taking too much rich food that taxes the nerves of the stomach, which calls in the nerves of the stomach, which calls in the nerves of the parents had.

The Old World is somewhat like one other parts of the body to sympathize of those planets in which, after ages of with the outrages put upon it

Kegulate your diet so that it will be simple and nutritious. Those who are nervous should not drink tea or coffee. If yours is an aggravated case, get a change of some kind as soon as possible, so that the nerves which have received the constant usage of daily life will have a chance to recuperate, while other sets of nerves are brought into action to relieve them.

Your nervousness when you talk with not try to talk with a number of people, and pay no attention to your feeling about it. Try and eat all the nourishing food that you can. You know by experience what agrees with you better than I can tell you at this distance.

When the boy's breath is bad, it is likely that he is constipated and needs a laxative. The following is a good diet list for a child of two and a half years.

Those who have an attack of nervous—

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Your nervousness when you talk with Mothers and fathers who are wise will Mothers and fathers who are wise will with a number of people, and pay no attention. Try and eat all the nourishing food that you can. You know by experience what agrees with you better than I can tell you at this distance.

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the sluggish circulation, and brisk rubs with a flesh brush or a rough towel to make the skin of the body red. Quicken circulation by walks and other exercise.

If your life is very humdrum, and you see little chance of varying it, use your imagination, as do the children in their laws and make a change in that way. play, and make a change in that way. An ancient hymn writer declares that the An ancient hymn writer declares that the sweeping of a room can be done to the glory of God. So the daily acts of life, infused with new and lofty thoughts, can be changed from drudgery and commonplace. Above all, the nervous must learn self-forgetfulness.

H. B.—Would you please tell me what kinds of food to eat? I am troubled so much with nervousness I cannot talk to people the way I would like to. I have stomach and liver trouble, I am told. I am gaining weight, but not strength. I would like also to know how to feed my baby, who is two and a half years old. He occasionally gets a bad breath.

Your nervousness when you talk with

He should have four meals a day. At Put the two halves of each cucumber together, tie them with twine, and put them in a pan with enough chicken broth, or good stock, to half cover. Cook very slowly until the cucumbers are tender. When nearly done, season with butter, pepper and salt, and when with butter, pepper and salt, and when the vegetables are finally ready to serve, thicken the gravy with flour and pour it over them.

General Symptoms

The nervousness of worry, overwork and effort are different. Sleeplessness of worry, overwork and effort are different. Sleeplessness of loved ones or of fortune, or those who have gotten into a rut in life, and one day follows another with a monotony of existence. For all such, and many other cases, change is necestables are finally ready to serve, thicken the gravy with flour and pour it over them.

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A child's interest should be awakened through the first meal, say at 7.30, one or two tumblerfuls of milk, a saucerful of some of the breakfast cereals (if rice or oat the loss of loved ones or of fortune, or those who have gotten into a rut in life, and one day follows another with a monotony of existence. For all such, and many other cases, change is necessary.

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A child's interest should be awakened through the loss of loved ones or of fortune, or those who have gotten into a rut in life, and one day follows another with a love for Nature, for animals and or Indian meal, care should be awakened through the loss of loved ones or of fortune, or the love for Nature, for animals and or Indian m ness are very often those who have gone the first meal, say at 7.30, one or two through some great mental shock or tumblerfuls of milk, a saucerful of some file or where. The color chosen is usually gray or mauve, although any preserved color may be swem.

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Sensible parents do not correct, or criticise, or praise a child in the presence of others; they do not talk before him of distressing things, illness, accidents, crimes or problems of life.

Play is an important part of childhood and should be encouraged. It gives joy, contentment and occupation. A child's world is one of imagination, and is very real to him. His blocks, balls, water colors, scrap-books, sand, spools and garden tools are very serious things to him. In his play a child learns to have resources, to depend on himself; he is active, determined, absorbed; his mind grows in a healthy power of imitation, invention and imagination.

yention and imagination.

His play should not be controlled by older persons. Much may be learned of his disposition in his play. When with other children does he lead or follow; is he fair or unjust, generous or grasping, amiable and forgiving, or quarrelsome and vindictive?

Mothers and fathers who are wise will cultivate a child's imagination. He may